

Earth Day celebrated
Families have fun while learning how to help the planet.
See p. B-1.



From replacing traditional petroleum products with bio-based lubricants (above) to caring for keiki (above right) to providing high quality family communities, USAG-HI's accomplishments have improved its 22 installations and training areas while saving money. (File photos)

USAG-HI awarded ACOE gold

Story and photo by
U.S. ARMY GARRISON-HAWAII
Public Affairs

U.S. Army Garrison-Hawaii has received the 2014 Army Community of Excellence Gold Medal award as the top installation in the Army.

"The award reflects how USAG-HI consistently excelled at providing base operations, training support and quality of life services to Soldiers, families and civilians," wrote Lt. Gen. David Halverson, assistant chief of staff of the Army for Installation Management and commanding general of Installation Management Command.

"Your concepts, visionary and supportive leadership, core values, learning and innovation, and organizational performance combined with your ability to focus on results and creating value plus customer-driven excellence have put you a pace ahead of other installations," wrote Halverson.

"This was a team effort throughout U.S. Army Hawaii," said Col. Daniel Whitney, garrison commander. "Our dedicated garrison staff has worked with all of our commands and partners here to ensure the best installation practices and plans are in place to support our military community."

The award noted USAG-HI accomplishments, including institutionalizing a cost savings culture resulting in initiatives that saved \$700,000 in fiscal year 2013 and \$61.7 million since fiscal year 2010.

Also noted was the garrison's reduced regulated waste generation by partnering with Hawaii-based Army units to replace traditional petroleum motor pool maintenance products with bio-based lubricants and spill absorbent.

The ACOE

Established in 1985 and sponsored by the Chief of Staff of the Army, ACOE is an annual Armywide assessment of all aspects of installation management. The program is designed to improve installation operations and readiness through business transformation processes.

For the ACOE assessment, each installation documents its strategic planning, performance, process improvements and initiatives for innovation, which in turn are evaluated and scored by teams of trained experts at the Office of the Assistant Chief of Staff for Installation Management and IMCOM headquarters.



Traffic circles aren't as common in the U.S. as other countries. The Macomb Rotary, just inside Macomb Gate, is one of the first things drivers encounter upon entering post. The rotary was cited for new construction that enhances traffic flow.

Army recognized for historic preservation

Story and photo by
SARAH PACHECO
Staff Writer

SCHOFIELD BARRACKS — U.S. Army Garrison-Hawaii will be in good company, May 30, when it accepts not one, but two recognitions from the Historic Hawaii Foundation at the 40th annual Preservation Honor Awards ceremony.

The garrison's rehabilitation of Stoneman/Gimlet Field and new construction of the Macomb Rotary (also known as the traffic circle or roundabout), both completed in summer 2013, each received high praise from the foundation for exemplary achievement in the field of historic preservation.

"(These awards) go a long way in promoting good public relations for the Army in Hawaii. This is a way that tells the community in Hawaii that we are good stewards of our historic resources," said Kenneth Hayes, architectural historian, Directorate of Public Works-Environmental, USAG-HI, who nominated the projects for consideration for this year's awards.

"Usually I submit building renovation

projects, but both of these are landscape focused, so I thought it was their turn to receive some recognition," Hayes stated, noting that past projects have included renovation work of Soldiers Chapel, Quads C and E, and Palm Circle.

"Everybody's very proud of them, and they're very close to each other, so they enhance the district greatly, both of them," Hayes added. "And, this is the heritage of the Army in Hawaii. It's very important for an organizational history, and it's important for Soldiers in their personal history."

Presented every year since 1975, the preservation awards are Hawaii's highest recognition of projects that perpetuate, rehabilitate, restore or interpret the state's architectural and cultural heritage. Among the award categories are the following:

- Preservation Award**, for a specific project that preserved, rehabilitated or restored a historic property;
- Preservation Commendation**, for an individual, organization or government agency that engaged in advocacy, educational, programmatic or other activity sup-

porting preservation efforts, either for a specific historic property or through a broad-based program;

- Preservation Media**, for a printed publication or visual presentation that interpreted the history, preservation or physical characteristics of a historic property; and
- Citation for New Construction**, for new infill in a historic district or additions to a historic property that protect and enhance the character of the historic resource.

USAG-HI's Stoneman/Gimlet Field rehabilitation project was recognized in the Preservation Award category for its rehabilitation to the original features of the Schofield Barracks field, while allowing for new additions to be integrated for modern use without compromising the historic integrity of the field and surrounding district.

The Macomb Rotary, also on Schofield Barracks, received a Citation for New Construction for the construction of a traffic rotary inside the historic district that enhanced traffic flow, protected view plane and the historic lighting museum, all of which con-

POV shipping changes

Story and photo by
MITCH CHANDRAN
Army News Service

WASHINGTON — The Personal Property Directorate at Military Surface Deployment and Distribution Command (SDDC) manages the Department of Defense's privately owned vehicle (POV) shipping program and wants service members to know there are several changes in the program, beginning Thursday.

Changes occurring with the global privately POV contract include a new contractor managing daily processing at vehicle processing centers (VPC) worldwide, new VPC addresses for vehicle drop offs and pickups, a new website at www.pcsmypov.com for service members to request and track their POV shipments, and eight VPCs closing worldwide.

Starting Thursday, International Auto Logistics will assume the contract from American Auto Logistics to manage the daily activities associated with the global POV contract.

"Our goal is for a seamless transition between providers, and we are engaged in daily meetings with International Auto Logistics to ensure as smooth a transition as possible," said Navy Capt. Aaron Stanley, director, Personal Property Directorate, SDDC. "Likewise, we don't foresee the need for any major changes in the process used to ship/store privately owned vehicles."

With the exception of eight cities (domestic and overseas) that will close their VPC locations, many others will remain in the same city, but provide services at a different location and street address. Others, primarily overseas, will continue to operate at the same address and location, simply under new management.

●**How does this affect Hawaii?**

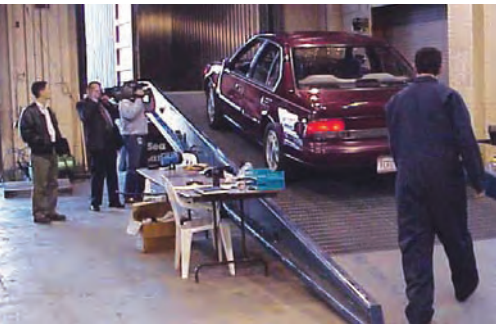
The Hawaii VPC at 1601 Sand Island Parkway, Honolulu, will be vacated by American Auto Logistics, April 30, and then closed for all but emergency drop-offs with International Auto Logistics, May 1-2. The facility will be open May 5 for all vehicles.

To aid in the transition, SDDC urges customers to reduce traffic and provide the additional time needed for the contractors to transition responsibilities.

Until all vehicles in American Auto Logistics' possession have been delivered, their online tracking at www.whereismypov.com will remain active.

Each year, about 68,000 POV shipments occur throughout DOD, of which, about 8,500 vehicles require storage.

(Editor's note: Chandran works in SDDC Public Affairs.)



The Personal Property Directorate at SDDC manages the DOD's POV shipping program and wants service members to know there are several changes in the program, starting Thursday.

Town hall is 4/30

LACEY JUSTINGER
U.S. Army Garrison-Hawaii Public Affairs

WHEELER ARMY AIRFIELD — Do you have a community-wide question or concern?

Soldiers, families and civilians can get answers directly from the people who oversee on-post services and programs during the garrison's Facebook Town Hall, 6-7:30 p.m., Wednesday, April 30.

"Town halls help leaders understand which services and programs are important to our Soldiers, families and civilians," said Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii. "They also highlight any garrison support areas that may need improvement or revision."

This quarterly event allows participants to present issues to garrison representatives in a convenient venue that doesn't require in-person attendance.

"Facebook town halls have a lot of participation because the forum allows attendees to easily interact without impacting their busy social and family lives or making them rearrange their schedules," said Dennis Drake, director, USAG-HI Public Affairs.

Garrison subject matter experts will first respond to concerns that impact the entire installation or community during the hour-and-a-half time frame.

Due to the high volume of expected interaction, all posts will not receive a response during the 90-minute event, especially as some questions may need more research or answers from another organization or tenant unit. Any original queries posted either prior to or during the town hall will be addressed in the week following.

Community-wide concerns can be posted for Island Palm Communities; the Commissary; the Exchange; medical services; and the directorates of Emergency Services; Public Works; Human Resources; and Family and Morale, Welfare and Recreation.

All questions or concerns should be shared on the separate "Event" page at www.facebook.com/usaghawaii. Comments typed on the wall or in a direct message will not be addressed during the town hall.

Attendees should review the posting policy located under the "About" tab before participating in the virtual town hall. Comments that include swearing or comments that are personal attacks, racist, obscene or abusive will be removed, and the user may be banned from the page.



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Police Call

Confidentiality policy explained

COL. MARK JACKSON
Director, Emergency Services
U.S. Army Garrison-Hawaii, and
Commander, 8th Military Police Brigade,
8th Theater Sustainment Command

In observance of Sexual Assault Awareness Month, the Directorate of Emergency Services would like to highlight the Department of Defense's Confidentiality Policy with regards to sexual assaults.

The policy provides victims with two options for reporting sexual assaults: restricted reporting and unrestricted reporting.

While DES encourages victims to file unrestricted reports, we understand some victims may not want their chain of command or law enforcement involved in their situation. Ultimately, our priority is ensuring all victims are protected and cared for.

Victims who choose the option of filing a restricted report are eligible to receive medical care and counseling, as well as advocacy services from a certified Sexual Harassment/Assault Response Prevention (SHARP) Sexual Assault Response Coordinator (SARC) or Victim Advocate (VA). These individuals do not notify the victim's chain of command or law enforcement agencies, thus preventing the initiation of a law enforcement investigation.

Though the SARC/VA reports the general nature and location of the incident (for example, "sexual assault

on post in housing") to the senior commander, they withhold the identities of the victim and alleged subject, as well as details that could lead to that information (for example, the exact address of a residence).

Following a restricted report, victims can still obtain legal assistance through a Special Victim Counsel (SVC). Victims can also change their restricted report to an unrestricted report at any time.

By using the restricted reporting option, victims control the release of their personal information to investigating agencies while still getting the medical treatment, legal advice, victim assistance, care and counseling they deserve.

Currently, the restricted reporting option is available only to service members and military dependents above the age of 18 who are eligible for treatment in the military health care system. If the perpetrator is the spouse or intimate partner of the victim, restricted and unrestricted reporting options are available through Family Advocacy Program (FAP) victim advocates.

The FAP Child Advocacy Program is also available to provide services to non-offending parents of military dependents under the age of 18 who are victims of sexual assault, although no restricted reporting option is available when a child is a victim.



Jackson

First Steps in FAITH

Friendship is more gift than growth

CHAPLAIN (CAPT.) FOLAUGA TUPUOLA
25th Combat Aviation Brigade
25th Infantry Division

It usually comes as a surprise when you find out that not everyone accepts you just the way you are.

We might be rejected by others occasionally for any number of reasons. This fact bothers us because we hope that others enjoy our company and feel comfortable in our presence.

David was a shepherd and servant to the king. Jonathan was the king's son and an unlikely match for befriending David. However, their friendship is one of the most gracious relationships in the Bible.

The Bible says, "The soul of Jonathan was knit to the soul of David, and Jonathan loved him as himself," in 1 Samuel 18:1.

Friendships are often more a gift than a growing process in life. Jonathan truly saw David as a man after God's own heart. In seeing that, Jonathan met a man he could love with the same type of selfless love that God shows toward people. David and Jonathan discovered depths of connection and bonding in their relationship.

With God's help, our friendships with one another can be unconditional through his love and purpose. Friendships are not necessarily

We remind readers that when a restricted report is filed, the following limitations apply:

- The assailant remains unpunished, free to potentially target others in the community.
- Victims cannot put in a request for a military protective order or a no-contact order against the assailant.
- Victims are ineligible for an expedited transfer.

When a sexual assault is reported to the chain of command or to law enforcement, an unrestricted report is initiated. In addition to an official investigation, the victim is eligible to receive advocacy services, medical treatment, counseling and protective orders. Active duty service members can request an expedited transfer.

We advise victims to follow the below steps to assist with the investigation and ensure law enforcement personnel gather all the available evidence:

- Seek medical care, as soon as possible, and ask the health care provider to conduct a sexual assault forensic examination. Request this exam even if you intend to file a restricted report, to ensure evidence collection in the event you choose to file an unrestricted report later.
- If you believe you may have been drugged, request a urine sample.
- Do not attempt to clean the crime scene. This preserves evidence.
- Avoid bathing, washing your hands, eating, drinking or brushing your teeth.



Tupuola

formed along formal lines of background, age or social settings. Genuine friendships are established when the Spirit of God intercedes in the relationship and in each individual.

Although David was a shepherd and Jonathan was wealthy and was raised as the prince of Israel, they both had the same courage and faith that came from the same God.

I believe that friendship cannot survive on mutual respect alone. Friendship requires loyalty, commitment and honesty.

The Bible portrays Jonathan making a covenant with David because he loved him as himself. It is only in the true realm of loyalty, commitment and honesty that genuine

See FiF A-3

BRIDGING THE BASICS

Basics builds strong, intuitive, comprehensive Soldiers

MASTER SGT. SHAUNRON LEE
9th Mission Support Command

As a senior noncommissioned officer in the Army Reserve, I realized there has been an armchair quarterback mentality when it comes to soldiering and military leadership within the ranks.

Armchair quarterbacks are leaders who offer their advice on issues in which they are not — or prefer to not be — involved.

This scenario, among others, lays the issues within the NCO Corps. These issues are the weakened mortar between the bricks that are holding the bridge together.

Bridging the basics to me is very BASIC: Building a Strong, Intuitive, Comprehensive Soldier.

Last year, I read an article by Kermit D. Johnson, "Ethical Issues of Military Lead-

ership," from 1974, which states two dangerous areas that create inefficiencies between the ranks: "ethical relativism" and "loyalty syndrome."

Ethical relativism is a strong notion that nothing is impartially right or wrong, and the definition of right or wrong lies within the Soldier's personal views or cultural background.

Loyalty syndrome is when a Soldier gives a superfluous amount of loyalty to his superior, whether he or she is right or wrong.

Johnson's article mirrors my belief on the slow deterioration of basic soldiering, mentorship, military and civilian education, and military leadership in the Army, especially when it comes to enlisted Soldiers. These two elements are the Achilles Heel that creates blurred lines between right and

wrong.

One example of this quandary is leaders blatantly carrying out orders in support of their chain of command. Here is an example: The rater is "directed" to change his comments on an NCO Evaluation Report or to write negative counseling statements in lieu of the chain of command's feelings about the affected Soldier. This scenario does not help the cause of the NCO Corps.

So, how do we build a strong, intuitive, comprehensive Soldier? The easy answer is to change the mindset of "we've always done it this way."

As NCOs, we must break free from our learned lackadaisical attitudes that limit basic soldiering, mentorship and military leadership within the ranks. Eradicating listlessness will aid in promoting better Army leaders, place the focus on military and civilian education, and dispel the two elements of ethical relativism and

loyalty syndrome that promote weakness.

This weakness is not just within the Army ranks, but the military as a whole. Ethical relativism and loyalty syndrome subconsciously give birth to apathy and creates inefficient, disorganized leaders.

All Soldiers require the best training and military leadership to set them and the Army up for success. Building a strong, intuitive, comprehensive Soldier is not just finding the Soldier's innate ability to bridge the gap to effectiveness, but his or her ability to sustain mortar between the bricks that makes our NCO Corps unshakable.

Building a strong, intuitive, comprehensive Soldier helps him or her promote leadership within self, therefore changing the status quo and promoting Army Values.

(Editor's note: Lee is the Assistant Inspector General at 9th MSC.)

Q: Why does the Hawaii Army Weekly publish courts-martial findings?

A: The Office of the Staff Judge Advocate releases the results of recent courts-martial for publication to inform the community of military justice trends and to deter future misconduct by Soldiers.

SJA posts courts-martial results

The Office of the Staff Judge Advocate publishes the results of the following recent courts-martial for 25th Infantry Division

•A second lieutenant from Company A, 209th Aviation Support Battalion, 25th Combat Aviation Brigade, was found guilty of sexual abuse of a child under the age of 12 years. The second lieutenant was sentenced to confinement for 30 months and a dismissal (equivalent to a dishonorable discharge for officers).

•A sergeant first class from Co. B, 1st Bn., 27th Inf. Reg., 2nd Stryker Bde. Combat Team, was found guilty of wrongful use of cocaine. The sergeant first class was sentenced to reduction to specialist, confinement for 90 days and forfeiture of \$1,618 pay, per month, for six months.

•A sergeant from Troop D, 2nd Squadron, 6th Cavalry Regt., 25th CAB, was found guilty of abusive sexual contact and wrongfully engaging in an inappropriate relationship with a junior Soldier. The sergeant was sentenced to reduction to private, confinement for nine months and a bad conduct discharge.

•A specialist from Co. A, 3rd Bde. Special Troops Bn., 3rd BCT, was found guilty of assault, aggravated assault, larceny, housebreaking, disobeying a commissioned officer, wrongful use of marijuana, reckless operation of a vehicle and adultery. The specialist was sentenced to reduction to private, confinement for three years and a bad conduct discharge.

For 8th Theater Sustainment Command

•A sergeant first class assigned to Headquarters and Headquarters Co., 130th Engineer Bn. (Provisional), was found guilty of two specifications of abusive sexual contact, three specifications of indecent viewing, visual recording and distributing, one specification of false official statement, one specification of obstruction of justice, and one specification of violating AR 600-20 para. 14-4b. The sergeant first class was found not guilty of three specifications of rape by unlawful force.

The sergeant first class was sentenced to reduction to private, total forfeiture of all pay and allowances, to be confined for one year and to be discharged from the service with a bad conduct discharge.

•A private first class assigned to HHC, 8th STB, was found guilty of one specification of sexual assault of a child and one specification of possession of child pornography. The private first class was sentenced to reduction to private, total forfeiture of all pay and allowances, to be confined for one year and to be discharged from the service with a dishonorable discharge.

Voices of Ohana

April is Prevention of Animal Cruelty Month.

"What is your spirit animal?"

Photos by 8th Theater Sustainment Command Public Affairs



"A cougar, because it is powerful, yet gentle when needed."

Chaplain (Lt. Col.) Steven Mark Jones
18th MEDCOM (DS)



"My spirit animal is a lion, because, to me, it means strength and the ability to overcome a challenge."

Spc. Christopher McCane
Assistant UA strength manager, 18th MEDCOM (DS)



"A lion, because it never backs down from a tough situation."

Chief Warrant Officer 4 Leonard Norfuss
Targeting officer USARPAC



"It's definitely a lion. We both spend our lives protecting the ones closest to us."

Harry Parent
Chief of operations IMCOM-Pacific



"I'd say it's the buffalo. To me, it represents power and survival."

Alan Wood
Logistics planner USARPAC

Contributing to TSP early builds retirement wealth

If you’re not already enrolled, what are you waiting for?

KISHA A. TAYLOR
Federal Retirement Thrift Investment Board

You’re eligible to contribute to the Thrift Savings Plan (TSP) as soon as you begin your military service. Saving for your retirement with the TSP makes sense no matter how many years you plan to serve in the military. If you leave the service before qualifying for a military retirement, the money in your TSP account can help jump-start your wealth building. If you go the full 20, you’ll have your TSP income as a supplement to your military retired pay.

How do I start my TSP contributions?
Check with your service’s payroll office about its procedures for starting your TSP contributions. You must make your request through your service because your payroll office calculates the contribution and deducts the appropriate amount of money from your pay. You may be asked to use your service’s electronic system to begin contributing to a TSP account. If your payroll office allows you to use the paper version of the contribution election form (Form TSP-U-1), you can find it on the TSP website (tsp.gov). You can also request it from your service, or you can call the ThriftLine at 1-TSP-YOU-FRST (1-877-968-3778) and have it sent to you.

How can I change my TSP contributions?
You can use the same method to change your contributions as you did to start your contributions.

What type of pay can I contribute to my TSP account?
As a military member, you have four potential sources of employee contributions: basic pay, special pay, incentive pay and bonus pay. You must elect a percentage of contributions from your basic pay in order to also make contributions from your special pay, incentive pay and/or bonus pay. You cannot make contributions to the TSP from your housing or subsistence allowance. You can make two types of contributions to your TSP account: traditional (tax-deferred) and Roth (after-tax).


Traditional contributions come out of your pay before your income is taxed. The money grows in your account tax-deferred, but when you withdraw it, you pay taxes on both the contributions and their earnings. With Roth (after-tax) contributions, you pay the taxes up front, which means you will not pay any taxes on them at withdrawal. Additionally, you will not have to pay taxes on the earnings as long as they are considered “qualified” by the Internal Revenue Code (IRC) requirements. Furthermore, you can make contributions from tax-exempt pay earned in a combat zone, which can really add up if you choose to make Roth contributions. You are not paying taxes on your contributions, so why pay taxes on their earnings?

Are there limits to how much I can contribute?
You can contribute as little as 1 percent of your pay each pay period or as much as the IRC allows annually. The TSP announces the contribution limits on the TSP website tsp.gov, and the ThriftLine, as well as through its various publications when the limits become available.

More Online

If you’ve been putting off contributing to your TSP account, wait no longer. Contact your payroll office to begin making contributions. Visit TSP at these locations:

- YouTube@TSP4gov,
- [@tsp4gov](https://twitter.com/tsp4gov) and
- www.tsp.gov.





Joel Martinez

U.S. Army Vice Chief of Staff Gen. John Campbell discusses leaders' roles in Soldier resiliency with attendees of the IMCOM garrison commanders and command sergeants major conference, April 8.

IMCOM’s mission is vital to Army

WILLIAM BRADNER
U.S. Army Installation Management Command Public Affairs

JOINT BASE SAN ANTONIO — Vice Chief of Staff General John F. Campbell met with senior leaders of the U.S. Army Installation Management Command immediately following IMCOM’s change of command ceremony, April 8. The message was to remain resilient, watch your fellow Soldiers' backs and realize what you're doing today is vital. To the leadership teams of garrisons around the world, Campbell charged them to do everything they could to provide Soldiers, family members and civilians with what they need to be resilient. Campbell addressed more than 150 senior leaders of the IMCOM community.

“You need to understand why it's so important for us to make sure we're doing everything we can to provide our Soldiers, our family members, as well as our civilians, with those skills and those tools to be resilient,” Campbell said. “The impact you have on families, the impact you have on our Soldiers, I’ll be the first one to tell you, we take it for granted. We don’t tell you thanks enough. So, from me, Ms. Ham-mack and our senior leadership, thank you for what you do every single day.” Campbell commended the garrison commanders and command sergeants major for their ability to build bridges and seek solutions that enable the Army to take care of its extended family. “There’s always going to be friction when you have an AMC (Army Materiel Command), TRADOC (Training and Doc-

trine Command), Forces Command, and IMCOM,” he said. “We’re figuring out those relationships. I think what (departing commander Lt. Gen.) Mike Ferriter has done and what (newly arrived commander Lt. Gen.) Dave Halverson will continue to do will make sure that we understand where those lines are drawn. We’re all working for the same thing — that’s taking care of our Soldiers and families. “In the end, it’s about readiness,” Campbell said. He spoke briefly about the challenges the Army faces in the near future with sequestration, budget cuts and draw-downs on the horizon, and he indicated the most frustrating part of all that was the uncertainty involved, which makes planning difficult. “I think the average Soldier is

just sitting there thinking, ‘Just tell me what’s going to happen, and I’ll take it from there and figure out how to make it work,’” Campbell said. “Well I’m asking you to hang in there with us during some very tough times as we make some very tough decisions.” Campbell has served as vice chief of staff since March 2013, providing him with the opportunity to visit many Army garrisons around the world. “Every day I’m impressed with the resiliency, I’m impressed with the leadership and I’m impressed with the passion and the energy that our civilians and our military folks have for our Army,” he said. *(Editor’s note: Campbell refers to Katherine Hammack, Assistant Secretary of the Army for Installations, Energy & Environment.)*

ARMY EMERGENCY RELIEF



2014 Army Emergency Relief Annual Campaign

Since 9/11, Army Emergency Relief has distributed almost \$775 million to 729,000 active and retired Soldiers and their Families. By providing interest free loans and grants for many different categories of assistance to include emergency needs, children and spouse scholarships, care for Families of Fallen Soldiers and support to Widows and Wounded Warriors, Army Emergency Relief has proven to be the organization of choice for Soldiers and their Families.

Army Emergency Relief has been an integral part of Army life for the past 72 years, reinforcing individual Soldier resiliency, serving as a constant in times of uncertainty and an oasis of hope in times of need. The extraordinary care, compassion and consideration consistently demonstrated by Army Emergency Relief reflect the very essence of a proud and ready Army.

In addition to continuing the tradition of “Soldiers Helping Soldiers,” the Army Emergency Relief Annual Campaign presents an excellent opportunity for Mission Commanders and Command Sergeants Major to promote a greater awareness of the benefits associated with Army Emergency Relief. Active participation in the 2014 Army Emergency Relief Campaign by leaders at all levels will go a long way toward maintaining the same high standards of “Army Emergency Relief: A Soldier’s First Choice.”



Raymond F. Chandler III

Raymond T. Odierno

John M. McHugh

Sergeant Major of the Army

General, United States Army

Secretary of the Army

Chief of Staff

(The AER Campaign runs through May 15.)

FiF: Friends endure

CONTINUED FROM A-2
friendships accumulate growth. This covenant friendship lasted to the end of their lives, despite extremely difficult circumstances. We, too, come from different cultures and backgrounds. Nevertheless, if we let God intervene in our relationships with each other, take control of our friendships, fill our souls with a compromising spirit and provide our friendships with loyalty, commitment and honesty, then our friendships with others can last a lifetime. When David learned of Jonathan’s death he cried out. “How the mighty have fallen! I grieve for you, Jonathan my brother; you were very dear to me” 2 Samuel 1:25-26. Someone once said, “Friendship takes what’s common in human experience and turns it into something sacred and holy.” The Bible reads, “Greater love has no one than this, that someone lay down his or her life for his or her friends” John 15:13. May the good Lord continue to teach us how to become the kind of friends He commands us to be. *(Editor’s note: Tupuola works in 2nd Battalion, 25th Aviation Regiment, 25th CAB.)*

Award: Foundation praises preservation

CONTINUED FROM A-1

tribute to the majestic entrance to the Oahu base through Macomb Gate.

“I’m very proud of both projects,” Hayes said. “Everybody’s very happy with the (traffic) circle in front of the museum and the new street lighting. It makes the entrance to Schofield very stately.

“And Stoneman Field was very unique, being that it’s an athletic field within a historic district,” Hayes continued. “It presented some very unique challenges, and it was a whole new type of project for everybody involved.”

In addition to USAG-HI, honorees for the awards include the DPW, WJB Engineers, Stellar Group and The Outdoor Circle for Stoneman/Gimlet Field, and the U.S. Army Corps of Engineers-Honolulu District, Tropic Lighting Museum and NAN, Inc. for Macomb Rotary.

“Both of these projects called for a great

amount of creativity and patience, and they also took a lot of teamwork to accomplish,” Hayes said. “I’m very happy with the results.”

The preservation awards’ 34 honorees, which also include the Battleship Missouri Officers’ Staterooms restoration, the Pearl Harbor Naval Shipyard Building 155 rehabilitation, the Joint Base Pearl Harbor-Hickam Area Development Plan and the Hickam Building 1102 Cultural Landscape Report and Tree Protection Plan, among others, were selected by a committee comprised of professionals in the fields of architecture, history, planning, landscape architecture, architectural history and media.

Each nomination was considered on its own merits and not in competition with others.

“As federal agencies, you’re supposed to always obey a set of standards when you’re renovating or rehabilitating a historic site. The award is another measuring stick to see you’ve accomplished that,” Hayes said.



Lt. Col. Maria Ritter, course director, Command and General Staff Officer’s Course, 4960th MFTB, 9th MSC, speaks to her students about leadership, April 11. The 4960th MFTB is testing a new way to conduct the course, formerly known Intermediate Level Education, to ensure Army Reservists are able to balance their civilian job, their family, and their Army Reserve career.

ADJUTANT GENERAL’S BEST



SCHOFIELD BARRACKS — Two U.S. Army Pacific Command Soldiers were recognized as the 2013 Adjutant General’s Corps Warrant Officer and Soldier of the Year.

Spc. Edward A. Anderson (right), 19th Military Police Battalion, was named Soldier of the Year and Chief Warrant Officer 2 Joshua M. Sargeant, 8th Military Police Brigade, was named Warrant Officer of the Year.

“It’s a great feeling,” said Anderson. “I just want to thank everyone for supporting me.”

The winners are invited to attend the Hall of Fame Induction ceremony and will be recognized at the National Adjutant General’s Ball, May 30, in Columbia, S.C. Anderson and Sargeant will receive the Distinguished Achievement Medal and a one-year membership to the Adjutant General’s Corps Regimental Association.

After the events of 9/11, the Executive Council of the Adjutant General’s Corps Regimental Association looked at various ways to honor the senior AG leaders who were killed in the Pentagon. The association now recognizes the NCOY and SOY with the Sgt. Maj. Larry Strickland Medal.

4960th MFTB tests new, experimental ILE course

Story and photo by
STAFF SGT. JOSEPH VINE
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — The 9th Mission Support Command’s accredited schoolhouse, run by the 4960th Multi-Functional Training Brigade (MFTB), held a new, experimental iteration of Intermediate Level Education (ILE), here.

ILE is part of the Command and General Staff Officer’s Course (CGSOC), which includes completion of the common-core curriculum and required career field, branch, and functional area training and education.

According to Lt. Col. Maria Ritter, the 4960th MFTB CGSOC director, the course is primarily for Army Reserve Soldiers, although National Guard and active duty Soldiers also attend.

In Hawaii, Phase I is two weeks of class, Phase II is class four hours every Tuesday night for eight months, and Phase III is two more weeks of class, Ritter said.

The traditional format did not allow off-island officers to continue the course with classmates during the second phase of the course. This test program allows them to do so.

The new format for Phase II includes two nine-day blocks of instruction. The first nine-day session concluded in January; the second nine-day session ended Friday.

“By doing this, we facilitate students who are coming from off-island who may not have a class nearby,” said Ritter. “It enables them to be able to participate in Phase II in a classroom environment where they may not have had that opportunity to do that otherwise.”

The pilot program is going over well with the current group of students.

“It’s easier for me and my job to just be able to focus all Army, all the time, for nine days, rather than every Tuesday night or to take a whole year out of my career,” said Maj. Charles Djou, Hawaii resident and a

team chief with the 75th Legal Operations Detachment. “It just would not work for my family and me,” he said. “This new set-up adds flexibility that works better.”

The active component course is conducted over a four-month period at Fort Leavenworth, Kan. In this Reserve component pilot course, students receive equivalent training in 48 days. The course is intense and fast paced.

“By choosing to do it in this format, they’re getting a very heavy course load that was intended to be spread out,” said Ritter.

“You’ve got to weigh the cost and benefit of this,” said Maj. Manuel Robledo, state partnership program coordinator, Headquarters and Headquarters Company, 41st Infantry Brigade Combat Team, Oregon National Guard. “The cost is ‘yes, you are taking time away from your family; yes it’s stressful,’ but the benefits far outweigh those things.”

For some students, the biggest benefit of more time in the classroom is face-to-face interaction with their classmates.

“This a perfect balance, allowing me to get the benefit of interacting with other students,” said Djou. “This new set-up works better for me.”

“Being able to collaborate with other students rather than being in my office or house by myself, I’m able to bump ideas off others,” said Robledo. “To have support from the instructors first hand is invaluable.”

An evaluator from Fort Leavenworth visited during the recent nine-day session.

“This is just a trial to see if it works,” said Ritter. “The intent is to continue this format, but final approval comes from Fort Leavenworth. We have to instruct the class to the standards that they expect.”

“If we’re trying to build a force that’s interactive and works efficiently with each other, this helps that,” said Robledo.

If all goes well, this pilot program could become the way of the future for Reserve Component ILE.

We Recycle

Did you know that when you recycle, the Garrison earns money? **Keep recycling!**



MEDCOM’s Sturgeon earns EFMB

Story and photo by
STAFF SGT. NICOLE HOWELL
18th Medical Command
(Deployment Support) Public Affairs
SCHOFIELD BARRACKS — The Expert Field Medical Badge (EFMB) is a peacetime badge equivalent to the Combat Medical Badge and a prestigious honor for Soldiers in the medical services profession.

In order to earn this badge, participants must successfully attend a one-week standardization phase, where the candidates complete a walk-through of the course, allowing them to ask questions of the staff, and get one week of testing.

The testing phase includes three lanes consisting of multiple subtasks focusing on field medical care, proper radio communications, nuclear biological and chemical (NBC) knowledge, day and night land navigation, a written test and a 12-mile ruck march.

Capt. Micah Sturgeon, the 18th Medical Command (Deployment Support) Human Resources operations officer and a Health Services officer, decided he was ready for the challenge during the U.S. Army-Hawaii EFMB testing, March 31-April 11.

“This was not the first time I tried

going through the EFMB testing,” said Sturgeon. “I feel that this time was better for me, and the officers and non-commissioned officers in charge did a really good job of standardizing the training for success.”

Due to scheduling conflicts, Sturgeon’s platoon had to deal with the uncertainty of the schedule, adding to the anxiety and stress while completing the tests.

“I think, starting off with a conflict and then bouncing back the next day shows our resiliency for overcoming adversity,” said Sturgeon. “We had members in our platoon from all over the Pacific, including Alaska, and Air Force personnel, and we came together and meshed very well.”

One person who assisted Sturgeon through his EFMB journey and helped rectify the scheduling conflict was Master Sgt. Paul Eivins, 18th MEDCOM (DS) Plans NCO and a member of the EFMB testing board.

“Capt. Sturgeon, in my opinion, trained really hard last time,” said Eivins. “So, this time, he only needed to fine-tune the areas he needed to work on. I believe he was more than ready mentally, physically and spiritually.”

Although many of the tasks were fa-

miliar to those in the medical field, if they did not have the opportunity to perform them often or train on them prior to the testing, they found themselves eliminated early in the testing.

“We always try to present a happy face and try to encourage them,” said Eivins, referring to test graders. “All of us are EFMB holders; we know how tough it is. We know how hard it is and when the chips are down. We know how easy it is to say forget it and walk off the lane. “

The EFMB is only held by an average of 16 percent of medical professionals in the military. The testing is intended to be both challenging and exhausting for the candidates, pushing them to their limit.

“It is heartwrenching to see people make it to the ruck march, but not make it over the finish line,” said Eivins. “But on the professional side, you need to uphold the standards.”

After 2 hours and 44 minutes, Sturgeon crossed the finish line.

“It was exciting,” said Sturgeon. “You had people on the sidelines cheering for you, but at the same time, you are just glad it’s done. Overall, it was just a great experience. Definitely one of those moments I will never forget.”



Capt. Micah Sturgeon (left), HR operations officer, 18th MEDCOM (DS) is graded on treating a wound during the U.S. Army-Hawaii’s EFMB qualification test, April 11.



Staff Sgt. Sean Everette, 2nd Stryker Brigade Combat Team Public Affairs, 25th Infantry Div.

2nd Lt. Michael Rose (left) and 2nd Lt. John Bergman, 1-27th Inf. Regt., 2nd SBCT, 25th ID, display the .45-caliber 1911 pistols they won at the Best Ranger Competition during an award ceremony, April 16.

25th ID celebrates BRC victors

SGT. DANIEL K. JOHNSON
2nd Stryker Brigade Combat Team
Public Affairs
25th Infantry Division

SCHOFIELD BARRACKS — The 25th Infantry Division, family and friends gathered at Weyand Field, here, April 16, to recognize the Best Ranger winning team.

2nd Lt. John P. Bergman and 2nd Lt. Michael Rose, both Wolfhounds of 1st Battalion, 27th Inf. Regiment, 2nd Stryker Brigade Combat Team, won the Best Ranger Competition this year.

“This is a historical occasion,” said Maj. Gen. Kurt Fuller, commander of the 25th ID. “Only four times in the history of the competition has a divisional team won, and it’s been 16 years since a team from this division won.

“The Best Ranger Competition is the most grueling and demanding physical and mental competition in the world,” he continued. “The Iron Man Triathlon doesn’t even compare to this.”

While the Soldiers’ own abilities had a major role in winning, they credit their training for succeeding.

“A lot of the credit goes to Sgt. 1st Class Raymond Santiago, 1st Sgt. James M. McGuffey and 1-27th as a whole. If they had not worked with us as well as they did, we would have never been able to achieve what we achieved,” said Rose.

“Not only our trainers and unit, but our families, particularly our wives, Kaitlin Bergman and Abbie Rose, (thanks) for helping us through the long hours and being extremely supportive,” said Bergman.

While the competition was the most demanding days of their lives, they never considered failure was possible.

“We knew going into it that it was going to be physically, mentally and tactically demanding,” said Bergman. “We had confidence in the training 1st Sgt. Santiago had for us that kept us going because we knew everything in our training was, hopefully, harder than anything we would face in the competition.”

“There wasn’t a point where we knew we won,” said Rose. “Up until the awards ceremony, we didn’t know who the winners were, but it was beside the point for us. Our initial goal was just to finish the competition. We just knew no matter what, we were going to keep giving 100 percent.”

“As cliché as it sounds, without your buddy, you wouldn’t make it through,” Bergman said. “It’s extremely important to have your Ranger buddy with you, so you can push each other the whole way through, through every event. That’s what kept us going — just trying to make sure we didn’t disappoint the guy that’s with us.”

The team had some advice for future competitors and young Soldiers who want to become Rangers and compete.

“For young Ranger-qualified Soldiers who are thinking of competing in this, start getting some miles under your feet,” said Rose. “Start running and rucking.”

“Your limits are probably a lot higher than you expect, so give yourself the opportunity to push yourself,” said Bergman. “Don’t underestimate yourself.”



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel.

For an up-to-date list of Army traffic advisories, visit www.garrison.hawaii.army.mil/info/trafficalendar.htm. Unless otherwise noted, all phone numbers are 808 area code.

Today

Road Rehab — HDOT's H-1 Rehabilitation Project resumed full night-time lane closures, Sunday, and will continue nightly, 8 p.m.-5 a.m., for the remainder of the project.

Full closures began in the eastbound direction. After several weeks, it will then switch to the westbound direction. The closures will rotate every few weeks and may include closures in both directions in the last few weeks.

Note that the eastbound closures will require an exit from the H-1 viaduct to Nimitz Highway and Dillingham

Boulevard. Motorists are encouraged to consider alternate routes, allow for extra travel time and expect delays.

Suggested alternate routes follow:
•<http://h1rehab.com/east-bound-optional-routes-2/>;
•www.H1rehab.com for weekly lane closure information and project details.
HDOT thanks you for your patience as they work to improve our highways and infrastructure.

Harboring a Satellite — The new City and County of Honolulu satellite vehicle registration office at 915 N. Rd., Bldg. 1314 (Club Pearl Complex) Joint Base Pearl Harbor-Hickam, is now opened for business, 9 a.m.-4:30 p.m., Tuesdays and Thursdays. The service is open to all service members, their family members and civilian personnel with base access.

The satellite is a one-year pilot program to provide limited motor vehicle registration services for all military personnel on Oahu. If successful, the program could be extended. JBPHH was selected due to its central location on Oahu. Call 473-1487.

Continued Project — A maintenance and repair project to restore a water line located near Wheeler's helicopter pad that began March 10 continues to May 9. The project requires a modified traffic flow, 8:30 a.m.-3:30

p.m. Vehicles can't enter or exit from Eastman/Wright roads intersection. Traffic entering Kamehameha Highway will detour on Eastman Road.

Personnel working in the trailers near the project will enter/exit on Eastman Road and detour around to return to Wright Avenue. At the end of each workday, the road will reopen with steel plates covering the work area for normal traffic flow.

29 / Tuesday

Lane Drain — A lane closure of McCornack Road between Collier Street and Thompson Circle is scheduled to repair deteriorating asphalt pavement, 7 a.m.-5 p.m., finishing Wednesday. Flagmen, road hazard signs and illuminated barrier markers will be provided under the contractor's traffic control plan.

May

5 / Monday

Looper — There will be full road closures at Fort Shafter Flats' Loop and Annex roads for utility and flood mitigation structures installation. Loop Road will be closed in both directions, from the Loop and Stream roads intersection to just west of the gate for Bldg. X1508.

mony takes place at 5:30 p.m. at the Nehelani, Schofield Barracks, to recognize exemplary achievement in volunteer service to the Hawaii Army community. Call 655-1702.

30 / Wednesday

Never Again — Remember those who were lost during the Holocaust by attending the U.S. Army Pacific-wide Holocaust Remembrance Observance, hosted by 94th Army Air and Missile Defense Command, at the Aliamanu Military Reservation Chapel at 1 p.m. Anyone with post access is invited. Call 438-2945.

Town Hall — Participate in the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, U.S. Army Garrison-Hawaii, from 6-7:30 p.m., Wednesday, April 30, at www.facebook.com/usaghawaii, under the "Events" tab."

NEWS Briefs



Send announcements for Soldiers and civilian employees to news@hawaiiarmyweekly.com.

Today

Flight Time — The SATO Travel Office on Schofield Barracks closes at 11 a.m. to move to the Soldier and Family Assistance Center, Bldg. 750, Ayres Ave., where it will reopen, 8 a.m., April 28. The Fort Shafter CWT SATO will be open to handle any emergencies.

26 / Saturday

Dated Drugs — The Army Sub-

stance Abuse Program, in cooperation with state and federal agencies, conducts its annual National Take Back Initiative, 10 a.m.-2 p.m.

Turn in unwanted, over-the-counter and prescription medications to be disposed of properly at the Schofield Barracks Main Exchange drop-off.

Minimize medications cycling back into our communities or being thrown away into our landfills. Call 541-1930 for more locations or visit www.dea.gov.

28 / Monday

So History Doesn't Repeat — A Holocaust Remembrance takes place, 11:30 a.m.-4 p.m., at Schofield's Sgt. Smith Theater. Call 655-0386.

29 / Tuesday

Army of Volunteers — The annual garrison Volunteer Recognition Cere-

Changes coming to state ID card, license applications

HAWAII DEPARTMENT OF TRANSPORTATION
News Release

HONOLULU — Beginning Thursday, the cost of a state identification card and the documents required to obtain a driver's license will change.

State ID's will cost \$32 in Kauai County with a fee of \$4 per year, and \$40 in Honolulu, Maui and Hawaii counties with a fee of \$5 per year.

The state ID is good for eight years, and a duplicate will cost \$7 in Kauai County and \$6 in Honolulu, Maui and Hawaii counties.

Those obtaining a driver's license will be required to present two forms of proof of principal residence in Hawaii. Principal residence is defined as the location where a person currently resides even if the residence location is temporary.

Any two of the following documents (original or copy) with the applicant as the addressee and stating the applicant's principal residence will be acceptable proof:

- A current valid Hawaii driver's license;
- Vehicle registration or title;
- A current voter registration card or other mail addressed to the applicant from a government or medical entity that is not more than two months old;
- Utility bill that is not more than two months old with applicant's name and address;
- Checking or savings account statement not more than two months old;
- Payroll check or check stub issued by an employer within two months of the application date;
- Current mortgage account or proof of homeownership;
- Residential rental or time-share contract for six months or more;
- U.S. income tax return, W-2 form or 1099 SSA benefits form from the previous year;
- Hawaii income tax return from the previous year or W-2 form;
- Receipt for personal property taxes paid to a county within the state of Hawaii within the last year;
- Medical card issued by a health insurance agency with principal residence address printed on it;
- Documentation dated not more than 90 days prior to making application that the individual is receiving state of Hawaii public assistance;
- Current property tax assessment bill or statement;
- A stamped Department of Taxation Form A-6, an application for tax clearance that is not more than six months old;
- Homeless applicants may use the address of their current shelter agency, or if not staying in a shelter, may use the general delivery of the post office nearest where they spend most of their time;
- Applicants documenting enrollment in a state or federal address confidentiality program, which allows an applicant to obtain and use alternative addresses, may use an alternative address on the card but must provide the applicant's permanent address for file purposes;
- P.O. box numbers are not acceptable to indicate principal residence address, unless a number and street name have not been assigned for U.S. mail delivery. An address convention used by the U.S. Postal Service is acceptable;
- Affidavit indicating that the applicant currently resides with the affiant, provided the affiant's address can be verified and the affidavit is notarized within two months of the application date; or
- Other documents the examiner of drivers accepts as proof of principal residence in the state of Hawaii.

Sustainable
Fun

Participants share a horse-drawn carriage ride around 25th Infantry Division Headquarters during the annual U.S. Army Garrison-Hawaii Fun Fest, Saturday. The 20th annual Easter weekend event attracted more than 3,000 Soldiers and family members.

Earth Day shares annual Fun Fest spotlight at Schofield

Story and photos by
JACK WIERS
Pau Hana Editor

SCHOFIELD BARRACKS — A 20th anniversary Family Fun Fest entertained an estimated 3,000 Soldiers and family members, Saturday, here, at Weyand Field, with entertainment, petting zoos, horse and carriage and pony rides, bouncers, games and, of course, plenty of food.

Earth Day shared the event spotlight with environmental demonstrations and displays, as well as by providing the power for the event through the use of three solar trailers.

No Energizer Bunny needed

While the Easter bunny posed for family photos and thousands roamed the festival site, three Army solar micro-grid portable trailer units efficiently provided 90 percent of the power for the festival.

"We could have easily powered the entire festival from the three solar units," said Jim Muldoon, science advisor, Army Materiel Command, U.S. Army-Pacific, who was monitoring the use of the micro-grids. "But it would

have caused more power lines to cross the festival field."

The deployable mobile units that discreetly rimmed the field were made operational in minutes and are designed to reduce Soldier fuel requirements in the field.

"This trailer and Earth Day are opportunities to showcase some of the things we are doing," said Muldoon, who works out of Fort Shafter. "But today we are here reducing the costs of doing this event."

Modest beginnings

Meanwhile, families went about the business of enjoying the picture perfect Saturday.

Edwin Pierce III, just 23-months old, was testing the friendliness of a young goat in the petting zoo area, while other youngsters took pony rides.

"He's making a new friend. I'll tell you that," smiled Sgt. Edwin Pierce Jr., Headquarters and Headquarters Battalion, 25th Infantry Division, as he gently coached his young namesake, who displayed a healthy, but cautious curiosity with the furry, horned creature.

The Directorate of Family and Morale, Welfare and Recreation event evolved modestly 20 years ago from a Child and Youth Support Services penny carnival, according to FMWR Community Recreation Division's Special Events Chief Kathy Giannetti.

"We could see the possibilities to make it something much bigger," said Giannetti, who is scheduled to retire this summer after 30 years of service.

Giannetti has overseen continual expansion of the annual Easter weekend festival, which includes entertainment, children's fun runs, a travel fair component and now Earth Day activities and displays.



Three deployable mobile power units, under the watchful eye of members of the 249th Eng. Bn., provide power for Fun Fest and Earth Day activities, Saturday.

Giannetti, who has been the guiding force behind staging and supervising FMWR special events, including the Fourth of July Spectacular and Fun Fest through the years, leaves behind a legacy of thriving family events.

"It's been gratifying to watch events like Fun Fest grow and to be able to nurture its progress," Giannetti said, "but now it's time to step back and enjoy being a grandmother."



This summer Kathy Giannetti retires as chief of special events, CRD, DFMWR, after shepherding the creation and growth of the Fun Fest during the past 20 years.



Young Fun Fest visitors and parents flock to the petting zoo for up-close visits with a variety of child-friendly animals, including this goat, Saturday, at Weyand Field.



Weyand Field takes on a distinctively different look with food vendors, inflatable jump houses, rock-climbing walls, petting zoos and Earth Day environmental activities as part of the annual Fun Fest. An estimated crowd of over 3,000 sampled the many activities offered.



Briefs

Today

Military Spouse Career Fair — The ACS Employment Readiness Program hosts a job fair, 10 a.m.-1 p.m., SB Nehelani. Bring extra resumes, dress for success and be prepared to talk about yourself. Call 656-4227 or visit www.himwr.com.

USARPAC Golf Scramble — Happens every last Friday of the month at FS Nagorski Golf Course. Registration begins at 11 a.m., with a shotgun start at 12:30 p.m. Registration is \$5 per player. Call 438-9587.

Hawaiian Luau Lunch Buffet — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) host local-style food, every last Friday of the month.

Country Night Late Night — The fun kicks off at 7 p.m. at the Tropics with a night that includes live entertainment and a mechanical bull competition at 9 p.m. This free event is open to ages 18 and older. Call 655-5698.

26 / Saturday

Earth Day Festival — Celebrate Earth Day, Month of the Military Child and spring, 10 a.m.-2 p.m., with family activities, entertainment and prize drawings at FS Flats. This family event features interactive exhibits, live entertainment and even a few live creatures.

Month of the Military Child — Land of Oz Parent-Child Ball, 5:30-9 p.m., at the SB Nehelani celebrates the military child with dinner and dancing for parents and school-age children, 1st-12th grades. Dress code is formal attire. Tickets are \$13, ages 6-11; ages 12 and up, \$17. Photos available for purchase. Call 655-4466.

27 / Sunday

SKIES Unlimited Spring Recital — Come out and support the USAG-HI SKIES Unlimited dance, hula and theater students at 1 p.m. at the Kroc Community Center in Ewa Beach. Performances include hip-hop, ballet, tap and ballroom dancing, SKIES Hula Maidens beginner and intermediate performances and the theater department’s rendition of Disney’s “Sleeping Beauty.” Call 655-9818.

28 / Monday

Pau Hana Social Hour — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appe-

April 26 is Nat. Prescription Drug Take-Back Day

TRICARE
News Release

TRICARE beneficiaries have a safe and easy way to dispose of expired prescription drugs. The Drug Enforcement Agency’s (DEA’s) National Prescription Drug Take-Back Day is April 26. Sites will be open from 10 a.m. to 2 p.m. for people to bring excess prescription drugs that otherwise could be abused or contaminate the environment.

A 2011 national survey on drug use found that Americans are twice as likely to regularly abuse prescription drugs as they are to regularly use cocaine, hallucinogens, heroin and inhalants combined. The same study found more than 70 percent of people abusing prescription pain relievers got them through friends or relatives, often without their knowledge.

During DEA’s last Take-Back Day in October 2013, Americans disposed of more than 647,211 pounds of prescription drugs. The last seven Take-Back days have collected more than 3.4 million pounds of unused medication.

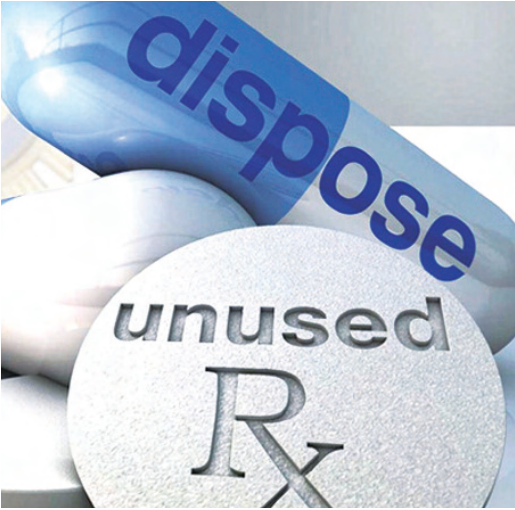
Prescription and over-the-counter “solid dosage” drugs (tablets and capsules) are accepted, but intravenous solutions, injectable medications and needles are not.

Illegal substances such as marijuana or methamphetamine are accepted.

Learn More

Get more details at these sites:

- Army Substance Abuse Program at <http://acsap.army.mil/sso/pages/index.jsp>.
- “It’s a Thin Line between Use, Misuse and Abuse” at www.armythinline.org.
- Call 541-1930 about “Take-Back Day” or visit www.dea.gov.



Drop-Off Locations

Turn in your unused or expired medication for safe, anonymous disposal from 10 a.m.-2 p.m., Saturday, April 26, at these locations:

- Schofield Barracks Main Post Exchange (PX), inside near flower shop;
- Town Center of Mililani, north end of mall, 95-1249 Meheula Pkwy.;
- Marine Corps Exchange, in front, at Marine Corps Base Hawaii, Kaneohe Bay;
- Pearl Harbor Navy Exchange, main lobby, 4725 Bougainville Dr.;
- Windward Mall, inside, near food court entrance, 46-056 Kamehameha Hwy., Kaneohe;
- Pearl City Police Station, parking lot, 1100 Waimano Home Rd.;
- Hawaii State Capitol, drive-through, 415 S. Beretania St., Honolulu;
- Kahala Mall, inside, 4211 Waialae Ave., Honolulu.

tizers and domestic draft beverages. Call 655-4466.

Mongolian Barbecue — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce.

29 / Tuesday

PT in the Gym — Join Mickey & friends, Soldiers and their families, 6:30-7:30 a.m., in a 30-minute aerobic routine followed by a continental breakfast at this CYSS free event at FS Fitness Center. Call 836-1923.

2014 Installation Volunteer Recognition Ceremony — This annual recognition ceremony, from 5:15-8 p.m., at the SB Nehelani, recognizes individuals who volunteered during the 2013 calendar year.

Taco Tuesday Night — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

Tropics Game Nights — Tropics Warrior Zone features monthly tournaments: • Pool & Ping Pong tournaments every Tuesday night, and • Spades tournaments held Wednesday nights.

Both tournaments feature a 5:30-6 p.m. sign-up, with tournaments beginning promptly at 6 p.m., and championship finals the last week of the month. Call 655-5698 for details.

30 / Wednesday

BOSS Meetings — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Attend these meetings: • North meetings, 3 p.m., 1st and 3rd Wednesday, SB Tropics • South meetings, 10 a.m., 2nd & 4th Wednesdays, FS Bowling Center.

Keiki Night — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

1 / Thursday

Leilehua Thursdays — Join Chef Devin Lee, 4:30-7:30 p.m., every Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

Tropical Thursdays — Free weekly Texas Hold’em poker, 6 p.m., SB

Tropics Warrior Zone. All ID card-holders 18 and older are welcome. Call 655-5698.

2 / Friday

Friday Lunch Buffet — FS Hale Ikena hosts special Friday-themed lunches, 11 a.m.-1 p.m., \$10.95 per person. Call 438-1974.

Aloha Friday Barbecue — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items include smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad. Items cost \$8-\$10. Call 655-7131.

3 / Saturday

Ladies Golf Clinic — Ladies can experience a free 30-minute golf lesson at Leilehua Golf Course from PGA professionals. Lessons are offered the first Saturday of the month by appointment only. Call 655-4653.

Ongoing

Month of the Military Child — During April, Army Hawaii Bowling Centers offer one free game of bowling to children under 17 with a pre-paid adult game. Lane availability required. Military/spouse ID required. Call SB 655-0573 or FS 438-6733.

community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

Vehicle Registration — The City and County of Honolulu satellite vehicle registration office at Joint Base Pearl Harbor-Hickam is open for business 9 a.m.-4:30 p.m., Tuesdays and Thursdays, at 915 North Road, Bldg. 1314, in the Club Pearl Complex. The service is open to all military personnel, their family members and civilian personnel from all military bases with base access.

26 / Saturday

YelaWolf — Rapper comes to Honolulu and The Republik, 8 p.m., April 26. Tickets \$30; visit flavorus.com or call (855)235-2867.

29 / Tuesday

Bob Dylan — Iconic songwriter-singer performs, 7:30 p.m., at the Blaisdell Arena. Ticket prices cost \$59-\$125; visit ticketmaster.com

or call (866) 448-7849.

30 / Wednesday

USAG-HI Facebook Town Hall — Participate in the quarterly online Facebook Town Hall, hosted by Col. Daniel Whitney, commander, USAG-HI, from 6-7:30 p.m., Wednesday, April 30, at www.facebook.com/usaghawaii, under the "Events" tab.

May

1 / Thursday

Lei Day Celebration — Operated by the City and County of Honolulu, which hosts the daylong series of programs, 9 a.m.-5:30 p.m., including entertainment and exhibits at Queen Kapiolani Park and Bandstand. Visit www1.honolulu.gov/parks/programs/leiday/index.htm.

10 / Saturday

Auditions — The Actor’s Group (TAG) will hold auditions for men and women actors 3-5 p.m., May 10-11, for the Richard Goodman play “Resistance!” at the Brad Powell Theatre.

The show will run July 11-Aug. 3. Visit www.taghawaii.net or write tag@hawaii.rr.com.

16 / Friday

Job Fair — The Army Career and Alumni Program and Military and Family Support Center are hosting a mini-job fair, 10:30 a.m.-2 p.m., Makai Recreation Center, 1859 McChord St., Hickam, Bldg. 1859. Designed to assist service members affected by draw-downs and involuntary separations, with representatives from 35 companies attending. Call 474-1999.

31 / Saturday

AFCEA Scholarships — Armed Forces Communications and Electronics Association Educational Foundation Hawaii Merit Scholarship Award applications are now available. Deadline to apply is May 31. Email Info@AFCEAHiEducationFoundation.org or call 479-4705.

Ongoing

U.S. Army Museum of Hawaii — A maintenance and repair project will close the Fort DeRussy museum facility, through June 9. The museum store, however, will be open Monday-Friday, 9 a.m.-3:30 p.m., on

the east side of Bldg. 32 during construction. Call 942-0318.

Jewish Services — Weekly worship services are held at 7:30 p.m., Fridays, at Aloha Jewish Chapel, Joint Base Pearl Harbor-Hickam. No Saturday morning services or Monday Bible studies are offered at JBPHH.

Service members interested in Jewish Bible study or keiki Hebrew School (Sunday School) may call 348-4560 or visit www.chabadofhawaii.com.

Saturday services are available at the Ala Moana Hotel. Call 735-8161.

Online Academic Support — Tutor.com is a DOD-funded resource that provides help in all core school subjects and is offered at no cost to grades K-12 students in U.S. military families.

Go Akamai — Commuters can now check real-time traffic data at GoAkamai.org, courtesy of the Hawaii State Department of Transportation and the City and County of Honolulu, Department of Transportation Services. GoAkamai.org is a one-stop website that provides real-time traffic data, enabling travelers to make better travel decisions.

worship Services

Additional religious services, children’s programs, educational services and contact information can be found at www.garrison.hawaii.army.mil. (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

AMR: Aliamanu Chapel
FD: Fort DeRussy Chapel
HMR: Helemano Chapel
MPC: Main Post Chapel, Schofield Barracks
PH: Aloha Jewish Chapel, Pearl Harbor
SC: Soldiers’ Chapel, Schofield Barracks
TAMC: Tripler Army Medical Center Chapel
WAAF: Wheeler Army Airfield Chapel

Buddhist Services

•First Sunday, 1 p.m. at FD
•Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

•Thursday, 9 a.m. at AMR
•Saturday, 5 p.m. at TAMC, WAAF
•Sunday services:
- 8:30 a.m. at AMR
- 10:30 a.m. at MPC Annex
- 11 a.m. at TAMC
•Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

•Sunday, noon. at MPC
•Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

•Friday, 1 p.m. at MPC Annex
•Friday, 2:30 p.m., TAMC
•Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

•Friday, 7:30 p.m. at PH

Pagan (Wicca)

•Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

•Sunday Services
-8:45 a.m. at MPC
-9 a.m., at FD, TAMC chapel
-10 a.m. at HMR
-10:30 a.m. at AMR
-10:45 a.m. at WAAF (Spanish language)
-11 a.m. at SC (Contemporary)
Liturgical (Lutheran/Anglican)
•Sunday, 9 a.m. at WAAF

This Week at the MOVIES Sgt. Smith Theater

Call 624-2585 for movie listings or go to aafes.com under realtime movie listing.



Divergent

(PG-13)
Fri., April 25, 7 p.m.
Thurs., May 1, 7 p.m.



Muppets Most Wanted

(PG)
Sat., April 26, 2 p.m.

Tyler Perry’s Single Moms Club

(PG-13)
Sat., April 26, 6 p.m.

Mr. Peabody & Sherman

(PG)
Sun., April 27, 2 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

8th TSC: 8th Theater Sustainment Command
25th ID: 25th Infantry Division
ACS: Army Community Service
AFAP: Army Family Action Plan
AFTB: Army Family Team Building
AMR: Aliamanu Military Reservation

ASYMCA: Armed Services YMCA
BCT: Brigade Combat Team
BSB: Brigade Support Battalion
Co.: Company
CYSS: Child, Youth and School Services
EFMP: Exceptional Family Member Program
FMWR: Family and Morale, Welfare and

Recreation
FRG: Family Readiness Group
FS: Fort Shafter
HMR: Helemano Military Reservation
IPC: Island Palm Communities
PFC: Physical Fitness Center
SB: Schofield Barracks

SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
TAMC: Tripler Army Medical Center
USAG-HI: U.S. Army Garrison-Hawaii
USARPAC: U.S. Army-Pacific
WAAF: Wheeler Army Airfield



Brig. Gen. Dennis Doyle (back row, center), commander, PRMC and TAMC, along with his wife, Lisa Doyle (back row, center right), and Anita Clingerman (second from right), manager, Tripler Fisher House, say thank you to community volunteers who painted Tripler's Fisher House, a "home away from home" for military families and patients receiving medical care, Saturday. The volunteers are employees from Hawaii-area Sherwin-Williams offices who donated paint and labor to repaint the kitchen and bedrooms.

Volunteers donate, repaint Fisher House

Story and photo by
ANA ALLEN
Pacific Regional Medical Command

HONOLULU — Brig. Gen. Dennis Doyle, commanding general, Pacific Regional Medical Command and Tripler Army Medical Center, along with his spouse, Lisa Doyle, said thank you to community volunteers who painted Tripler's Fisher House One, a "home away from home" for military families and patients receiving

medical care, Saturday.

The Tripler Fisher House Manager, Anita Clingerman, also thanked the volunteers for their efforts. She said volunteers are a big part of the home's success.

"Just getting the support of the community and our military groups helps them live comfortably here," said Clingerman.

Elvia Cook, management trainee for Sherwin-Williams, said she was happy to spend her week-

end at the Fisher House.

"This is the one time of the year where we focus on the community and giving back and making a meaningful impact on our island. I know it's just paint, but we know that color makes an emotional impact in people's lives. ... What better way to bring some color into their lives than by painting their area, especially when they are going through personal illness or dealing with a loved one's illness," she said.

The 15 volunteers were employees from Hawaii-area Sherwin-Williams offices. They donated paint and labor to repaint one kitchen and 17 bedrooms, in addition to assisting in repainting the parking lot.

The daylong volunteer event is part of the paint company's annual National Painting Week community service effort to make a positive difference in communities across America.

Pearl Harbor historic tour dates announced

PACIFIC HISTORIC PARKS
News Release

The National Park Service and Pacific Historic Parks are proud to offer the public a fully-narrated boat tour of Pearl Harbor.

Tours will depart from the Pearl Harbor Visitor Center and take passengers around Ford Island to view the USS Utah Memorial, the narrow entrance to Pearl Harbor, Battleship Missouri Memorial and historic Battleship Row.

Each tour will be conducted by a National Park Service Ranger and includes a stop at the USS Arizona Memorial.

To reserve your tickets, select a date below, reserve online or call. Tours are only offered a few times a year and tickets sell out quickly. Don't miss this amazing Pearl Harbor experience!

- Pearl Harbor Historic Tour Dates**
- May 23 at 2:15pm
 - May 24 at 2:15pm
 - May 25 at 2:15pm
 - May 26 at 3:15pm

Help restore the beautiful monument. Historic Pearl Harbor Tour proceeds will be donated to the National Park Service to restore the USS Arizona Memorial. Tax deductible donation receipts will be provided upon check in.

For Reservations

For more details or to reserve a tour, contact Amy Ogasawara, development coordinator, Pacific Historic Parks, at 954-8726 or visit the Pearl Harbor events page at http://pacifichistoricparks.org/phh_events.php.



YOUR VOICE
MAKES THE DIFFERENCE.

Say it on ice.disa.mil

College talk tips offered to first-time parents



THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI
Contributing Writer

It's college decision time, but before parents of high school seniors engage each other in conversation, take heed!

You are about to step into a veritable quagmire of double entendre on the seemingly innocuous topic of your child's college pick.

One might think that discussing college decisions is as simple as this:

Parent #1: "What college will your son/daughter attend in the fall?"

Parent #2: "He/she will attend XYZ University."

Parent #1: "Oh, that's swell."

But, beware! Hidden beneath this rudimentary exchange is an underground strata of complex connotations and confidential context.

How do I, a parent of a high school senior, know this already? During our last few tours of duty, my family has had many "empty nesters" as neighbors in military base housing. I have found that there is much to be learned by observing this unique breed of parent.

No, they don't collect twigs, preen their feathers or engage in elaborate mating rituals. Well, not that I know of, anyway! But,

empty nesters have "been there, done that" when it comes to parenting.

Interacting with these seasoned veterans around backyard fire pits and at the dog park has taught me that some things in life are not as simple as they seem.

In order to help other parents, like myself, who will soon be expected to tell friends, relatives and colleagues about their children's college picks, I will pass on the college talk tips I have gleaned from more experienced parents.

Most importantly, when people ask, "What college did Little Suzie decide to go to?" they really want to know, "Did she get any rejection letters?" And when you answer, "Little Suzie is going to State," they are tabulating all prior conversations in an attempt to figure out which schools gave your kid the Heisman.

In order to diffuse their natural curiosity,

it's best to be frank. Tell them which schools, if any, declined to accept your child's application for enrollment. However, do not be tempted to add, "We're actually happy that Little Johnny didn't get into Ivy U; it just wasn't the right fit for him."

The listener will only hear, "Little Johnny's Ds' in Chemistry came back to bite him, and besides, those Ivy Leaguers are so stuck up."

Also, although it is considered gauche for friends to discuss money matters in the civilian world, talking about personal finances is quite common in the military community. Thanks to clearly defined rank structures, we military folks know each other's pay grade. Regardless, be careful when discussing college expenses with friends and neighbors. As soon as they find out that your child's college costs upwards of \$50K a year, or more, they will wonder how on earth you're gonna' pay for it.

You may wish to remain silent, and let them speculate that your child was offered a scholarship for some hidden talent like didgeridoo playing or curling. In a vacuum of information, your friends might think that you've got some long lost, rich great uncle who graced you with a gazillion dollar trust fund, but this might be hard to believe if you drive a used minivan and buy buns from the day old rack at the commissary. Or, they

might guess that your family's heritage includes a recruitable ethnicity, like the long lost peoples of the Siberian Pot Belly Tribe.

But, most likely, unless you tell your friends and family that you are paying for college with the GI Bill, loans, your Thrift Savings Plans or your 529 plans, they're going to think that you're planning to sell your earthly possessions, take the night shift at the local 7-11 and move the family into a cardboard box over a heating grate in order to pay for college.

Most parents have faced or will face the daunting college application process, and as long as you deliver the news of your child's decision without pretense, you will be met with understanding. Honesty is clearly the best policy to stop wondering minds from wandering to the absurd.

My child? He was rejected from two (stuck up) schools and accepted by six (fine academic institutions). He has decided to go to Rensselaer Polytechnic Institute in Troy, N.Y. We are using the GI Bill.

And yes, it's really swell.

(Editor's note: A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, "The Meat and Potatoes of Life," which appears in military and civilian newspapers and at www.the-meatandpotatoesoflife.com.)

Exchange rewards students with good grades

Academic qualifiers also earn chance to win gift cards up to \$2,000

ARMY AND AIR FORCE EXCHANGE SERVICE

News Release

DALLAS — Military students can turn good grades into rewards with the Army & Air Force Exchange Service's "You Made the Grade" program.

From first-graders to high school seniors, pupils who maintain a B average or higher are eligible for the program that recognizes academic excellence.

The You Made the Grade program rewards military students with a coupon booklet filled with free offers and discounts, including a free regular 6-inch Subway sandwich and a Burger King

Tendergrill chicken sandwich.

Those who make the grade will also score Snack Avenue coupons for a free 16-ounce drink, a complimentary hot dog and more.

Other offers include \$5 off a \$25 iTunes gift card, as well as discounts on clothing and shoes, among others. Students with a B average or better can also enter the You Made the Grade semiannual sweepstakes to receive gift cards worth \$2,000; \$1,500; or \$500.

"The Exchange is proud to reward military students who make it their mission to do well in school," said Col. Thomas Ockenfels, Exchange Chief of Staff.

"Service members' children face unique challenges inside and outside the classroom," he said, noting MilitaryFamily.org reports that most military children will attend nine different schools from kindergarten through 12th grade. "The

Exchange recognizes these students' challenges, and they deserve to be rewarded."


Students, including those who are home schooled, can receive a You Made the Grade coupon booklet by presenting a valid military I.D. and proof of an overall B average at their nearest Post Exchange customer service area.

Eligible students can pick up one coupon booklet for each qualifying report card.

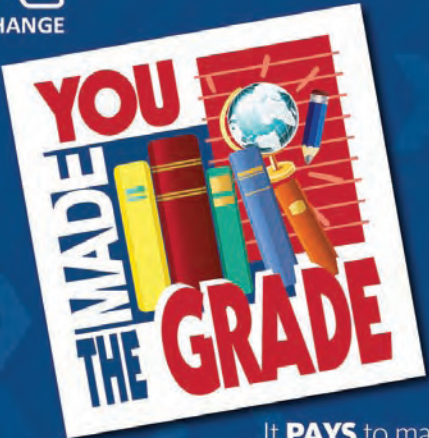
Entries for the gift card sweepstakes drawing can be submitted twice a year, with drawings typically held in June and December.

Students and guardians can visit their local Exchange for more information about the Exchange's You Made the Grade program.

Right-The Post Exchange is offering military students rewards for good grades.



COUPONS & SPECIAL OFFERS
booklet for outstanding students



It **PAYS** to make the **GRADES!**

Enter the You Made the Grade **SWEEPSTAKES** for a chance to win up to a

\$2000
Exchange Gift Card!

18th MEDCOM family fun run focuses on key health issues

Story and photo by
STAFF SGT. NICOLE HOWELL
18th Medical Command (Deployment Support) Public Affairs

FORT SHAFTER — The 18th Medical Command (Deployment Support) raised awareness of the Health Promotion and Risk Reduction/ Suicide Team, the Sexual Harassment and Assault Response Program, and the U.S. Army Office of the Surgeon General’s (OTSG’s) Performance Triad with a Family Fun Run, Walk, here, April 12.

This event was a fun way to inform Soldiers and family members about Army programs and resources available to them.

“More than 100 people consisting of Soldiers and their families gathered early Saturday morning to enjoy a two-mile run, walk around historic Palm Circle,” said Capt. Gary Moore, the 18th MEDCOM (DS) company commander.

“After the run, walk, Soldiers and their families enjoyed a healthy breakfast and received educational inserts provided by the SHARP, and HP&RR/S teams,” said Moore. “The SHARP handouts armed our Soldiers with information on how to report incidents of sexual assault and harassment, as well as facts on the different types of reporting.

“The HP&RR/S inserts provided information on the OTSG’s Performance Triad, positive dietary habits, tips on how to remain resilient and how to sustain a spiritually healthy lifestyle,” he added.

In support of Sexual Assault Awareness Month, the unit SHARP team took this time to educate the Soldiers and families on the Army’s No. 1 priority. The on-site team answered questions and provided SHARP reading material as a way to reinforce the program and clarify any misperceptions.

“Providing the booth at the fun run gave us the opportunity to speak with family members about the goals of the SHARP program, the services we provide and inform them that resources are available for family members, as well as service members,” said Chief Warrant Officer 4 Robert Linne, the 18th MEDCOM (DS) command maintenance officer and a unit level SHARP victim’s advocate.

Along with increasing the exposure of SHARP, the unit wanted to reinforce the Surgeon General’s Performance Triad consisting of rest, activity and nutrition.

“Regardless of age or medical condition, the impact of restful sleep, regular physical activity and good nutrition are visible in both the short- and long-term,” according to Army Medicine. “While each component is independently important, optimal performance is achieved when all three are addressed simultaneously. Making lasting changes in health behaviors works best when approached through multiple channels.”

As the event concluded, Moore released the Soldiers and their families with more than a full stomach.

“Overall, the event was a great turnout and directly supported the Comprehensive Soldier and Family Fitness model and the OTSG’s Performance Triad,” said Moore. “I am confident that members of the 18th MEDCOM (DS) family have taken away something more than an extra session of PT (physical training).

“Our team provided great educational information they need to create healthy habits in their lives, and we look forward to having more events like this in the future,” Moore said.



As the members of the 18th Medical Command (Deployment Support) and their families begin the unit’s family fun run, walk, Sadie Welton, the daughter of Sgt. Steven Welton, an 18th MEDCOM (DS) wheeled vehicle mechanic, takes the lead, April 12.



Photo by Jack Wiers U.S. Army Garrison-Hawaii, Public Affairs

The Hawaii Exchange, including the Schofield Exchange, is placing an emphasis on healthy dining experiences. The promotion includes \$2 discounts on large salads every Wednesday.

Exchange dedicated to healthier eating

ARMY & AIR FORCE EXCHANGE SERVICE
News Release

DALLAS — According to SourceWire, nearly a quarter of Americans vow to get fit for the New Year.

The Hawaii Exchange is doing its part to make it easier for service members and their families to watch their “bottom lines” when making dining choices, on and off duty.

Dining in all the Exchange’s food facilities doesn’t have to be a resolution buster as they offer a host of healthy dining options. For example, Subway and Popeye’s offer many low-calorie options. Also, every Wednesday, all Exchange food facilities offer \$2 discount on any large salad.

While gassing up the car at any of the express facilities (Kuntz, Bellows, Kolekole, Aliamanu, Hickam and Schofield Car Care centers), shoppers can also fuel up inside as healthy options abound throughout the store.

Snack Avenue offers fresh salads with less than 300 calories, as well as chilled fruit cups and oatmeal. The Fresh Fruit program, which has been in operation for several years, offers bananas, apples, oranges, limes and lemons in nearly 400 facilities. The Exchange Express also offers customers a wide array of meal replacement options, such as PowerBars, Clif Bars, Zone Perfect and Detour Bars, all available in assorted flavors.

“The Hawaii Exchange plays a large role in the lives of Soldiers, Airmen and their families,” said Floyd Wynn, Hawaii Exchange’s general manager. “As such, it is extremely important that we are providing them healthy options here at Hawaii Exchange.”



Online Support

To find out more about the Exchange’s mission or to view recent press releases, visit <http://www.shopmyexchange.com>

